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## EDITOR'S CHOICE

# BMJ

This week shows the virtues of both the broad perspective and the close up. Are you uncertain whether calcium channel blockers have a place in the treatment of myocardial infarction and unstable angina? Then review the experience of 19 000 patients in 28 trials (p 1187). (They don't.) Are you concerned that organs for donation are lost because staff in intensive care units don't approach the next of kin? Then audit all the deaths occurring in 278 intensive care units in England (p 1193). (Few organs are lost this way.)

Narrowing down the focus, we read that studies on 44 women suggest that brisk walking increases HDL cholesterol concentrations (p 1204), while balance studies in nine cirrhotic patients suggest that a late evening meal (with no overall increase in 24 hour intake of energy or nitrogen) may improve nitrogen balance (p 1202). The inspiration for epistotherapy, explained in this week's personal view (p 1230), came from just one patient. We've known about this one for ages, however: in fact, we devote a whole section to it each week (letters pages).